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Bangalore Mirror

TEMP Max 35 | Min 22 | Humidity 25% Partly Sunny Sensex 76,664 | Nifty 23,897 | Gold 1,52,838 | Silver 2,44,475 | Dollar 94.14 | Euro 110.41 | GBP 127.17

OUT OF SYLLABUS

Will textbooks reach students on time? Supply delay looms as tender process lags ahead of new academic year

PAGE 2

TRICK QUESTION

Questions related to sanitation and housing conditions are causing awkward situations for enumerators as respondents clam up

PAGE 5

Nearly 1 lakh saplings are planted every year in city, but GBA puts onus of maintenance on contractors, who have not bothered to even water these plants and as most wither and die, citizens are having to step in to save what they can

CODE GREEN: WE ARE IN A DO-OR-DRY SITUATION

Given this summer's intensity, future looks bleak for newly-planted saplings

Garima Prasher
garima.prasher
@timesofindia.com

TWEETS @BangaloreMIRROR

Saplings planted by the Greater Bengaluru Authority (GBA) in various parts of the city are withering away due to a lack of regular care, including watering.

Citizens from these areas allege that while contractors appointed by GBA carry out plantation, maintenance, including watering, is inconsistent, in some cases, completely absent. This neglect is evident in many parts of the city.

Nearly 10 saplings planted last year in TC Palya are almost scorched in the harsh summer. Residents alleged that the contractor watered the saplings for a few days after planting, then provided no maintenance. "There are around 10 saplings on the road adjacent to Don Bosco College, and none of them are doing well. The contractor appointed by GBA for plantation and maintenance has not tended to these saplings. GBA should look into maintaining these saplings for at least three years.

CONTINUED ON PAGE 8 »

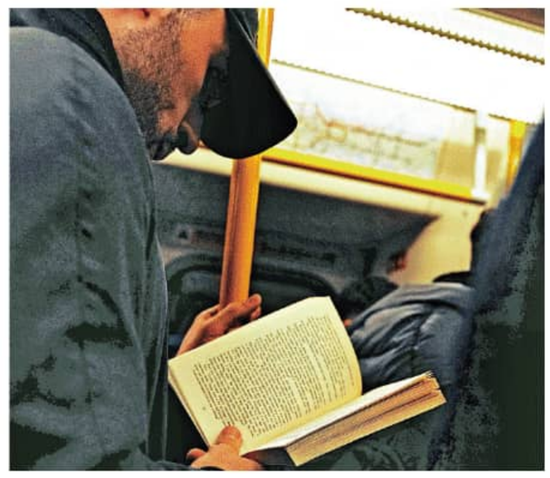
PAGE 4: GREEN GUARDIANS

"While the contractors are supposed to maintain them for a period of three to five years, they seldom do and they have no knowledge of the kind of saplings to be planted in different areas

—Yelahanka resident

Turn the page, take the bus

Bibliophiles of the city unite, make long commutes in BMTC buses a happy reading experience



Rachana Ramesh
c-rachana.ramesh@timesofindia.com

TWEETS @BangaloreMIRROR

An initiative known as 'Bengaluru Bus Reads' is reimagining travel aboard buses run by the Bengaluru Metropolitan Transport Corporation (BMTC). Instead of routine journeys filled with noise or screen time, these rides are turning into shared spaces for book lovers.

The idea was sparked by Sahana Srikanth, who found that her long commute offered rare, uninterrupted moments to read. What began as a personal habit has now grown into a small but vibrant community experience, where participants gather on air-conditioned BMTC buses for collective silent reading sessions.

"I was commuting from Banashankari to Sarjapura -- one way, the distance spans about 20 km and takes about an hour-and-a-half. I was initially taking my bike or driving but then I realised that it's not sustainable. Friends of BMTC (a bus users) group had posted about a direct bus between the destinations, which was newly introduced. I took the Volvo bus and the fare was only around Rs 30-40. I didn't expect it (the ride) to be convenient but it was comfortable,"

CONTINUED ON PAGE 6 »

THINGS TO DO

01 Laugh out loud

Rahul Dua, renowned stand-up comedian, a powerhouse performer, host (Shark Tank India Season 2 & 3, Comicstaan S3 Finale), actor, creator and writer will be performing live, marking his second stand-up special. **Where: MLR Convention Centre, Whitefield; When: May 10, 7 pm**

02 Melodious evening

Rudraksha Live Entertainment Pvt Ltd presents Jazbaa, a concert featuring Vishal and Rekha Bhardwaj — a powerhouse duo in Indian music and cinema, known for their deeply moving collaborations and individual brilliance. **Where: Phoenix Marketcity; When: May 30, 7 pm**

03 World of imagination

The Oterra Hotel is hosting a Kids Carnival Brunch, bringing a vibrant world of cartoon legends and superhero adventures. While parents enjoy a premium spread, children can dive into interactive games, live performances and more. **Where: The Oterra Hotel, 24@43, Electronic City; When: Every Sunday until May 31**

04 Elevate your match day

Loco Lane transforms match day into a premium fan sanctuary, offering all inclusive IPL screenings with gourmet dining and the comfort of premium box seating for an elevated experience. **Where: Loco Lane, Ashok Nagar; When: Until May 31, 5 pm**

05 Grand spectacle

Created by acclaimed director and composer Kevin Oliver and presented in support of the Kempegowda International Airport Foundation (KIAF), Odyssey of Love is a contemporary pop opera blending music, fashion and storytelling into a visually rich and immersive spectacle. **Where: Good Shepherd Auditorium, Shanthala Nagar; When: May 7**

Textbooks may be late for class due to tender lag

Delayed approval of textbooks slows down production cycle and delays printing, with introduction of PU textbooks for first time being seen as another hurdle needing extra time

Sridhar Vivan
sridhar.vivan
@timesofindia.com
TWEETS @sridharvMirror

With the countdown to the 2026-27 academic year underway, uncertainty looms over whether textbooks will reach students on time. The School Education and Literacy Department, which usually clears textbook approvals by December, has done so only in February this year, triggering delays in the printing tender process. This shift has raised concerns about timely distribution, especially as schools are set to reopen from May 29, with most institutions beginning classes by June 1. With barely a month and a half left, the responsibility of ensuring supply rests heavily on the Karnataka Textbook Society.

Traditionally, printing activities would be in full swing well before the academic year begins. However, the delayed approval this time has slowed down the entire cycle. The pressure has further increased as the government has decided to extend free textbooks to PU students from this academic year, adding to the scale of operations.

Rising demand

The numbers underline the challenge. Anganwadis across the state require 7,87,140 textbooks at a cost of Rs 3.11 crore. For Classes 1 to 10, a total of 6,74,58,588 textbooks are required to be printed at an estimated cost of Rs 308 crore. In addition to this, government PU college students will need 27,22,363 textbooks costing Rs 9.42 crore. Another 38,43,650 moral science textbooks, costing Rs 14.42 crore, also need to be printed and distributed.

With schools set to reopen soon, possible delay in book supply at start of academic year has raised concerns (File photo)

Inclusion of PU students requires entirely new textbook preparation and any delays in finalising content or design risk disrupting schedules, making full delivery before classes begin uncertain, says official

Officials point out that textbook printing typically factors in both current demand and leftover stock from the previous year. However, the introduction of PU textbooks for the first time means fresh content creation, editing, design and printing, all of which require significant lead time. This could further strain timelines and delay supply at the start of the academic year.

New challenge

A senior official said, "The inclusion of PU students is being seen as a major logistical challenge. Unlike school textbooks, these require entirely new preparation, increasing the workload on the printing system. Any delay in finalising content or design could directly impact distribution schedules. With such a large volume to handle, ensuring complete delivery before classes begin appears uncertain."

Parents demanded that textbooks should be distributed before the academic year begins. "It will be very difficult for students to comprehend lessons in classes if they don't have textbooks. I don't understand why there is a delay in the process as textbook printing needs to be planned well in advance," said Uma Ranganath, a parent.

Meanwhile, the government has also shifted its approach to distributing shoes and socks. After following a decentralised model since 2017-18 by transferring funds to School Development and Monitoring Committees (SDMCs), it has now returned to a tender-based system. A budget of Rs 104 crore has been approved to supply shoes and socks to 36.56 lakh students from Classes 1 to 10. The per-student allocation remains unchanged at Rs 265 for Classes 1 to 5, Rs 295 for Classes 6 to 8, and Rs 325 for Classes 9 and 10.

When contacted, a senior official said, "Preparations are on to ensure distribution by early June. In districts prone to heavy rainfall, schools have been given the option to provide slippers instead of shoes, with the final decision left to the respective SDMCs."

Scholarships distributed to meritorious students across city

Anil Shetty, who is playing the lead in upcoming Kannada movie Lambodhara 2.0, and Bollywood actress and winner of Miss World 2017 pageant Manushi Chhillar, distributed scholarships to around 200 meritorious students in the city on Saturday. The programme was organised by Nava Bengaluru Foundation and Astrotalk Foundation at Sri Satya Sai Sadan, Koramangala. The scholarship distribution function was also attended by Jayanagar MLA CK Ramamurthy, MLC Gopinath Reddy, and film director Simple Suni. — BMB

New science centre boosts city's learning ecosystem

Param Foundation on Sunday inaugurated ParSEC Whitefield, a 30,000 sq ft experiential science and innovation centre in Bengaluru, marking a significant addition to the city's growing ecosystem of science engagement and future-focused learning spaces. Conceived as a "Living Lab" for discovery, the centre is designed to engage over one lakh visitors annually, including students, educators, professionals, and families, through interactive exhibits, innovation workshops, and public programmes. The facility was formally inaugurated by Dr K Radhakrishnan, Former Chairman of ISRO and Chairman of the Advisory Board, Param Foundation, and Kris Gopalakrishnan, co-founder of Infosys, in the presence of educators, scientists, industry leaders, and members of the public.

This milestone builds on the proven success of ParSEC Jayanagar, which has welcomed nearly 75,000 visitors, trained over 55 teachers in experiential learning, conducted more than 52 workshops across various disciplines, and hosted more than 5 hackathons. With the opening of the Whitefield facility, Param Foundation, guided by its distinguished Advisory Board, is now going significantly bigger to scale this impact for the entire community. — BMB

Joint waste management efforts in HSR Layout win praise

Bengaluru South City Corporation Commissioner KN Ramesh praised HSR Layout's waste management system, describing it as a model that should be replicated across other neighbourhoods in the city.

During an inspection of waste management facilities in HSR Layout, the Commissioner lauded the efforts of residents and volunteers from the HSR Citizen Forum for their active role in maintaining cleanliness and monitoring waste collection operations.

At the area's Dry Waste Collection Centre (DWCC), officials informed him that nearly 5 tonnes of dry waste are processed daily, of which 4 tonnes are recycled while 1 tonne of low-value plastic is sent to the Bidadi waste-to-energy plant.

The Commissioner also reviewed decentralised wet waste processing in Sector 7, where around 500 kg of wet waste generated from 600 households is converted into compost locally for use in neighbourhood parks. He said the strong collaboration between citizens and civic authorities in HSR Layout serves as an example for other localities to follow. — BMB

Wearing a helmet won't make your hair fall

As concerns over hair loss emerge as reason for avoiding use of helmets, doctor clarifies claim as myth, urges citizens to wear helmets while maintaining proper hygiene

Sanjana CS
c-sanjana.s@timesofindia.com
TWEETS @BangaloreMIRROR

FILE PHOTO

Large number of commuters continue to violate mandatory helmet rule

Bengaluru is grappling with a staggering surge in helmet violations, averaging nearly 8,000 cases daily over the past three months. Despite repeated advisories from the city's traffic police urging both riders and pillion passengers to wear helmets, compliance remains low. Many bikers cite concerns over hair health as a reason for their reluctance, reflecting how misconceptions continue to undermine road safety efforts.

As per Bengaluru traffic data, 7,20,224 cases have been reported in the first three months of this year. According to officials, helmets are mandatory for both riders and pillion passengers under the Motor Vehicles Act. However, a large number of commuters continue to violate the rule, often offering unverified and inconsistent reasons.

A BM reporter spoke to traffic police personnel on the ground to understand the range of excuses cited by commuters for not wearing helmets, including claims that doctors have advised against their use due to concerns over hair loss.

Among the most common excuses are travelling short distances, concerns about spoiling hairstyles, feeling excessive heat, neck or head discomfort, a sense of suffocation, and the inconvenience of carrying helmets. Officials also noted that while not as frequent, some violators claim that wearing helmets leads to hair fall and even insist that doctors have advised against their use as an excuse.

Dr Anil Abraham, a dermatologist, firmly dismissed the claim, calling it a myth with no scientific evidence linking helmet use to hair fall. "It is just an excuse people use to avoid penalties, and no doctor would recommend this. Many of my patients have even asked if they can cite hair loss as a reason to skip wearing a helmet. I advise them otherwise. Without a helmet, there may not be a head to protect at all," he said. Dr Abraham clarified that wearing a helmet does not directly cause hair loss. At most, prolonged use of an unclean helmet or poor scalp hygiene may lead to minor issues such as sweating or dandruff, which can be easily managed with proper care.

Dermatologist suggests measures like cotton scarves or silk liners to minimise discomfort and avoid unnecessary stress on hair, while also maintaining helmet hygiene including regular sterilisation

Dr Abraham further explained that hair thinning, breakage, or damage may already exist due to factors such as routine grooming like combing. However, wearing a helmet that is too tight, too loose, or unclean for long durations can create tension on the hair follicles. He stressed that helmets do not cause hair fall; rather, they tend to collect already shed or broken hair. "When people notice hair inside the helmet, they often assume it is the cause, whereas in reality, it is only a vessel that collects the hair that has already fallen," he said.

Dr Abraham emphasised that avoiding helmets due to fear of hair fall is not only misleading but also dangerous. He clarified that helmet use does not cause hair loss. Instead, hair fall is often linked to factors such as poor diet and nutritional deficiencies, excessive consumption of junk food, high stress levels, inadequate sleep, and underlying health conditions, including hormonal imbalances like thyroid disorders.

He suggested simple precautions to minimise discomfort, including using a lightweight cotton scarf or a silk liner to reduce friction and avoid unnecessary stress on the hair. He also stressed the importance of maintaining helmet hygiene.

Fake govt job racket surfaces, Rs 1.83 crore cheated from aspirants

A major fraud involving false promises of government jobs has come to light, where job seekers were allegedly cheated of Rs 1.83 crore. A complaint was filed with the CCB police. Based on the complaint, a case has been registered against an official in the Department of Collegiate Education, along with intermediaries and an investigation is underway.

According to the complaint, Surendranath came into contact with an individual named Ramesh in 2019 through friends. Ramesh allegedly claimed that he worked in the Collegiate Education Department and was also the vice-president of a government college teachers' association, and could secure Group C level government jobs across various departments.

Trusting him, Surendranath informed his relatives and acquaintances, following which 57 job aspirants paid a total of Rs 1,83,40,000 between 2019 and 2023 to Ramesh and intermediary Raghavendra. Police said that despite collecting the money, no jobs were provided and the amount has not been returned. The accused have been shifting blame onto each other, while another man named Dhruvakumar is also alleged to have cheated Rs 29 lakh. **BMB**

Cooker bomb blast case sentence to be announced today

In a key development in the Mangaluru cooker bomb blast case, the NIA special court in Bengaluru has accepted the confession plea filed by accused Mohammed Shariq and will pronounce the quantum of sentence on April 27.

Shariq had filed his confession plea three months ago, admitting to the offence, which the court has now accepted.

The blast occurred on November 19, 2022, around 4.40 pm, when an improvised explosive device concealed in a cooker exploded in an autorickshaw within the Kankanady Police Station limits in Mangaluru.

The NIA had filed a chargesheet against Shariq in 2024. **BMB**

Citizens campaign against spitting in public spaces

In a public awareness drive held on Church Street on Saturday, citizens and civic groups came together to campaign against public spitting, calling for behavioural change and stricter civic responsibility in public spaces.

The campaign, held under the banner of the Stop India Spitting movement, saw volunteers march through Church Street with placards, songs, chants, street performances and public interactions aimed at drawing attention to the health and sanitation concerns posed by public spitting.

Organisers described the initiative as a wake-up call against a practice they said continues to stain public spaces despite repeated awareness efforts.

The campaign brought together volunteers from multiple citizen groups along with Bengaluru Solid Waste Management Limited (BSWML) marshals, who joined hands to educate citizens against spitting in public, which is a punishable offence.

Chief Marshal Rajbir Singh, who inaugurated the event, said enforcement teams regularly issue fines when offenders are caught. "Spitting is a punishable offence and our marshals issue penalties when they witness such violations," he said.

Campaigners stressed, however, that enforcement alone would not solve the problem and called for greater public participation in discouraging the practice.

"Marshals cannot be present every time someone spits. Citizens must

stop ignoring this ugly habit and politely call it out when they see it. Change will come only when public spitting is no longer socially acceptable," said Odette Katrak of Beautiful Bharat, which is spearheading the Stop India Spitting movement.

As part of the campaign, over 50 'No Spitting' signs were installed across the Church Street stretch. Shop owners and vendors reportedly welcomed the move, saying the signage would help them discourage offenders more effectively.

The campaign also featured drum performances and music to draw crowds, including multilingual songs and rap performances created to communicate the anti-spitting message in a more engaging format. Recordings of actor Puneeth Rajkumar's appeal urging citizens not to spit in public were also played over loudspeakers during the march.

Volunteers said Church Street, despite being one of Bengaluru's most iconic and high-footfall destinations, continues to struggle with spit stains on walls and pavements, undermining efforts to maintain it as a clean and attractive public space.

Citizen groups involved in maintaining the area highlighted the recurring challenge of keeping the street clean when public habits do not change. The campaign concluded with volunteers distributing saplings to members of the public, reinforcing the larger message of preserving clean and green urban spaces.

Organisers said the movement aims to expand beyond Church Street and encourage similar neighbourhood-level campaigns across Bengaluru.

With awareness messages, signage and public engagement now in place, campaigners hope the initiative will spark broader conversations around public cleanliness and behavioural accountability. **BMB**

Green guardians rise to rescue street trees

Urban greenery lifeline emerges as volunteers adopt roadside canopy, focusing on restoration, resilience, ecological balance and climate adaptation strategies

Bangalore Mirror Bureau
mybangaloremirror@timesofindia.com
TWEETS @BangaloreMIRROR

In a bid to tackle Bengaluru's shrinking tree cover and rising urban temperatures, a first-of-its-kind tree care initiative focused on street-level tree health was launched on HAL Old Airport Road.

Conceived by Tree Doctor Vijay Nishanth in collaboration with Rego, the programme aims to adopt and systematically care for an entire stretch of urban roadside trees while involving citizens directly in tree healthcare practices.

The initiative seeks to shift public attention beyond plantation drives and towards the maintenance and health of existing trees, an aspect experts say is critical for sustaining Bengaluru's urban canopy and reducing heat stress in the city.

More than 100 volunteers from Rego participated in the launch event, which began with awareness sessions on urban forestry, tree stress, biodiversity, and the role of citizens in protecting green spaces. Participants were then taken to HAL Old Airport Road, where hands-on demonstrations were conducted on assessing tree health and administering treatment.

During the inspection, volunteers were taught the importance of maintaining healthy soil around the tree root zone and proper watering techniques, particularly the need to loosen compacted soil before watering to ensure adequate absorption. Termite infestations found in several trees were treated using termicide, while mealybug infestations were addressed with organic insecticide.

As part of the biodiversity-support component of the initiative, water bowls were also installed on trees and near parks to provide hydration for birds and other urban wildlife during the summer months.

Tree Doctor Vijay Nishanth said the initiative was designed to highlight that preserving mature trees is just as important as planting new ones. "Bengaluru is losing its tree cover steadily, and with temperatures rising every year, healthy trees are one of the city's strongest defences against urban heat. People often focus on planting saplings, but the real need today is caring for the mature trees we already have. Through this initiative, we want citizens to understand tree stress, tree health, and how they can actively participate in urban forestry," he said. Vijay added that the response

Over 100 volunteers join on HAL Old Airport Road, learning soil care, pest control and biodiversity support, as officials back expansion across corridor

from volunteers was encouraging, with many showing immediate interest in learning practical tree treatment methods.

"It was inspiring to see volunteers so engaged that some picked up spray cans and began treating trees themselves after the session. That kind of ownership is exactly what urban forestry needs," he said.

Deputy Conservator of Forests (DCF) Sudarshan from GBA was also part of the initiative, while Rego Managing Director Shankar H R gave full support for scaling it across the entire stretch of HAL Old Airport Road.

Under cover at last: Relief for traffic cops

Shade push for traffic cops as top officer orders umbrellas, masks, water, electrolytes across Karnataka amid rising heat and pollution

Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

To provide the much-needed relief for traffic police and also enable them to beat the heat in summer, Deputy Inspector General of Police (DIGP) and Commissioner of Traffic and Road Safety K Parashurama has issued a direction to the Commissioners of Hubballi-Dharwad, Kalburgi, Belagavi, Mangaluru and Mysuru, and Joint Commissioner of Police (Traffic), Bengaluru and all Superintendents of Police including the SP of Kolar Gold Fields (KGF) to make arrangements for providing temporary shade such as parachute umbrellas, face masks to protect traffic police against dust and air pollution, drinking water and electrolyte supplements to protect them suffering from dehydration.

The order dated April 22 stated that ongoing developmental works, laying pipelines and road developmental works have led to air pollution and also dust generation in cities, especially in Bengaluru. "The prolonged exposure to scorching sun and polluted environment have led to health problems such as respiratory issues and dehydration of traffic police deployed to regulate traffic in cities. "For the welfare of traffic police deployed for regulating vehicular movement at traffic signals and those deployed to inspect vehicles, I want you to provide temporary shade at traffic signals and also face masks and drinking water without any delay", the letter read.

The DIGP & Commissioner of Traffic and Road Safety issued the directive to all Police Commissioners and Superintendents of Police based on the representation made by Karnataka State Police Authority member Mohan Kumar Danappa on April 4, 2026. Mohan Kumar Danappa, in the letter to the Director General & Inspector General of Police (DG & IGP) narrated how traffic police, deployed at traffic signals, have been facing a lot of problems due to lack of shade and drinking water. "The traffic police have been working round the clock to regulate vehicular movement and prevent traffic violations. They are compelled to work by standing under the shade of bridges or stationary vehicles to protect themselves from the scorching sun. Working hours for all government offices, except the police department, in Kalaburagi and Belagavi have been changed in April and May. I appeal to you to provide temporary shade, drinking water and electrolyte supplements, and face masks for the benefit of traffic police", the letter read.

Thanking and appreciating Mohan Kumar Danappa for making the representation to the higher authorities, a traffic police constable, on the condition of anonymity, has said that some of the traffic junctions have no traffic umbrellas thus making it tough for a traffic police constables to stand and regulate vehicular movement at such traffic junctions in summer.

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9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Road neglect

Tejasvini Nagar

The road leading to Tejasvini Nagar via Hanuman Temple, near Bengaluru Public School, remains in a pathetic condition despite repeated complaints and reminders.

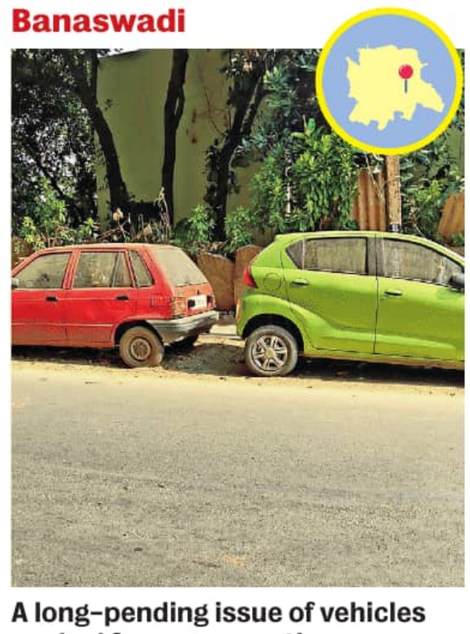
Parking chaos

Binny Mill Road

Haphazard parking between a Hotel and Taralabalu Road on Old Binny Mill Road is causing frequent traffic congestion, with some vehicles abandoned under covers.

Vehicle obstruction

Banaswadi



A long-pending issue of vehicles parked for years continues despite multiple complaints to the traffic police, leading to obstruction and inconvenience on Chikka Banaswadi Main Road, Ward 27.

Compliance to safety norms a must for buildings

Bangalore Mirror Bureau
mybangaloremirror
@timesofindia.com

TWEETS @BangaloreMirror

The Karnataka High Court has held that high-rise residential buildings, including those offering compact or "pocket" apartments, cannot be allowed to exist if they pose a risk to public safety, especially to residents and people living nearby.

A division bench comprising Justice DK Singh and Justice TM Nadaf made the observation while dismissing a writ appeal filed by a Bengaluru-based real estate developer over compliance with fire safety setback requirements.

The appeal was filed by Vishnu Sri Builders and Developers, which challenged an earlier order of a single judge concerning a modified building sanction plan for an apartment project at Halagevaderahalli in Rajarajeshwari Nagar. The dispute arose from a revised No Objection Certificate (NOC) issued on June 13, 2023, by the Karnataka State Fire and Emergency Services.

Following directions from the single judge, the fire department conducted a fresh inspection and reported that the building lacked the mandatory 8-metre setback around it.

Taking note of this, the single judge had ordered that the modified sanction plan remain in abeyance until it complied with the setback requirements outlined in the Fire NOC.

When the matter reached the division bench, it examined the inspection report and building layout. The court found that even if some setback had been provided, it was insufficient for the turning radius of fire engines equipped with aerial ladders, which require more than 9 metres of space for effective movement during emergencies.

Emphasising the primacy of public safety, the court added that allowing such constructions would endanger not only occupants but also surrounding areas.

IN HIGH COURT

While emphasising public safety, HC rules that apartments will not be permitted if deemed unsafe to those living in and around it

'Live tracking not valid bail requirement'

The Karnataka High Court has held that directing an accused person to continuously share their live location with the police is not a valid condition for granting bail.

The case concerned a bail order issued in favour of Shashi Kumar, also known as Shashi Poojary, where one of the conditions required him to keep his mobile phone's location services switched on at all times and make it accessible to the investigating officer. This condition was challenged before the High Court.

While examining the issue, the court emphasised the limits of judicial discretion in imposing bail conditions. It observed that such restrictions must remain reasonable and cannot infringe upon an individual's personal liberty beyond what is necessary.

Setting aside the condition, the court noted that requiring constant tracking of an accused amounts to excessive intrusion. It remarked that "imposing a condition to share live location of the accused at all times is not justifiable" and does not fall within the scope of lawful bail conditions. The court further underlined that bail conditions are meant to ensure cooperation with the investigation and prevent interference with the process of law. However, they must not become tools of continuous surveillance.

B'luru Census

Enumerators face hurdles over sensitive household questions

Queries about toilets and housing conditions prompt unease, particularly in informal settlements where many fear such questions could jeopardise their eligibility for benefits

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

With the first phase of the Census exercise underway in Bengaluru, enumerators are facing on-ground challenges while collecting detailed household information, particularly when questions relate to sanitation and housing conditions. As part of the ongoing phase, officials are gathering data on the structure of houses including floor, wall and roof materials, usage and condition of homes, access to latrines, wastewater outlets, availability of kitchens and type of cooking fuel used. However, several enumerators say that questions around toilets, house condition and basic amenities are often met with hesitation from residents.

"People are generally cooperative, but when we ask about latrines or the condition of their homes, some become uncomfortable or reluctant to answer," an enumerator said. Another field worker added that queries about flooring and roofing often prompt residents to question the purpose of such details, making the process slower. In dense urban pockets and informal settlements, these challenges are more pronounced, as residents perceive such questions as intrusive or fear it may impact their eligibility for benefits.

Officials, however, emphasise that these questions are critical for governance and welfare planning. "This is not just about counting people. The data helps us understand living conditions and identify gaps in basic services," a senior official said. Information on housing materials is used to classify homes as pucca, semi-pucca or kutcha, which directly feeds into schemes like PM Awas Yojana. Similarly, data on toilet access and wastewater management is used to assess progress under the Swachh Bharat Mission, while details on cooking fuel help monitor implementation of schemes like Ujjwala Yojana.

Current phase of Census underway in B'luru focuses on household-level data collection (File photo)

Officials emphasise that questions are vital for governance and welfare planning, noting that data goes beyond counting people to reveal living conditions and provide understanding of gaps in basic services

The government maintains that such granular data enables targeted policy decisions and better allocation of resources. The current phase focuses on household-level data collection, while the second phase, scheduled for February 2027, will capture individual-level details. The final population count will be anchored to midnight of March 1, 2027. Officials said efforts are being made to sensitise both enumerators and the public to ensure smoother data collection in the coming weeks.

Students robbed at home, gang of six arrested

The Konanakunte Police Station has arrested six persons in connection with a late-night dacoity at a student residence in South Bengaluru, recovering stolen valuables worth Rs 3 lakh. The incident was reported on April 18 by a college student residing in Pavamana Nagar on Kembathalli Main Road. The complainant, originally from Kerala, was sharing the rented house with six other students, all pursuing studies at the same college.

According to the complaint, six unidentified men aged between 20 and 25 years allegedly trespassed into the house on the night of April 17. The accused assaulted the occupants, causing bleeding injuries, and threatened them before fleeing with Rs 10,000 in cash, four mobile phones, two laptops, and a two-wheeler. Acting on credible inputs, a team tracked down and apprehended the accused on April 21 from Om Shakti Nagar, Kulathu Palayam, Kovaipudur and Pasumpon Garden areas in Coimbatore. During the operation, police recovered two laptops, four mobile phones, a stolen two-wheeler belonging to the complainant, and another two-wheeler used in the crime. The total value of the seized items is estimated at Rs 3 lakh. The accused were produced before a court on April 22 and have been remanded to judicial custody. **–BMB**

BWSSB plans citywide push for RWH systems

The Bengaluru Water Supply and Sewerage Board (BWSSB) is preparing to scale up the installation of rainwater harvesting (RWH) systems across the city, offering a new option for households to offset penalties by adopting the technology.

According to BWSSB Chairman Ram Prasath Manohar, the initiative is aimed at encouraging compliance among homeowners who have been hesitant to install RWH systems due to upfront costs.

Under the proposed model, residents can install the systems and adjust the expense against penalties they would otherwise pay for non-compliance.

The Board is relying on a new third-generation compact RWH technology that requires minimal space, making it suitable for dense urban settings. Officials say this could reduce dependence on Cauvery River water as well as groundwater reserves. **–BMB**

BM SIMPLY PUT

Online gaming rules from May 1: What it means for users and industry

Gaming rules unveiled

The Centre has announced a new framework to regulate online gaming, bringing long-awaited clarity to the sector. The rules will come into force from May 1. The move aims to balance regulation with growth, while ensuring user safety and boosting India's presence in the global gaming market.

Why has the Centre stepped in now?
A The online gaming sector has been growing rapidly but has operated with limited regulatory clarity. The new rules aim to address concerns around misuse, safety and a lack of oversight.

What will change from May 1?
A structured system will be put in place to monitor online games, with defined categories, compliance requirements and oversight mechanisms.

Who will regulate the sector?
An independent online gaming authority has been proposed to classify games, oversee operations and handle disputes within the industry.

Are gaming companies required to register?
Yes. Platforms and companies, especially those in esports, must register under the new framework. The government has said the process will be kept simple.

Will this affect start-ups and investments?
The framework is expected to ease operations, reduce uncertainty and attract more investment into Indian gaming start-ups.

How are different types of games treated?
Games are divided into clear categories. Betting and wagering games involving money are banned, while social and recreational games face limited regulation. Esports is recognised as a separate category.

What is the significance of recognising esports?
Formal recognition brings legitimacy to competitive gaming and is expected to open up career opportunities and support organised growth in the sector.

How were these rules framed?
The Centre reviewed over 2,500 suggestions from industry stakeholders and the public before finalising the guidelines.

What safeguards are in place for users?
The rules focus on user protection, including measures to safeguard children, reduce harmful exposure and ensure data security.

What safeguards are in place for users?
The rules focus on user protection, including measures to safeguard children, reduce harmful exposure and ensure data security.

Curated rides offer people a chance to connect

CONTINUED FROM PAGE 1

Sahana told Bangalore Mirror. She noted that she was not a regular bus user.

"There's a reading culture in the city -- there are a lot of book clubs and different kinds of ways in which people want to engage in reading. I thought why not put the two together and invite people to read on the bus," she explained, highlighting that this initiative helps using buses as "third spaces".

These curated rides are not just about books. They also create opportunities for people to connect. After the journey, participants often continue conversations over coffee or during walks, exchanging thoughts on literature, art, and the city itself.

So far, seven sessions have been organised, with interest steadily growing. Plans are underway to host these gatherings regularly, possibly every alternate Sunday, and even experiment with new routes shaped by participants' preferences. Each edition has been a different experience. "The last edition has been an interesting one -- we rode a metro feeder bus. There's a new bus that has been introduced from Haralur," Sahana said. The service was launched on March 9 after sustained efforts by citizen groups advocating better connectivity in the Sarjapur belt. Sahana wished to highlight the sad state of Sarjapur bus stop and called on authorities to put up necessary infrastructure.

Speaking about how "easy" it is to navigate BMTC buses in the city, Sahana said, "Right now, everything is gamified -- there are all these applications and tools that we use. We're a tech city -- with young, tech oriented people. The Google maps information with regard to BMTC is often partially inaccurate. Figuring out the route is quite a trial and error but it's ultimately rewarding," she said. She noted that while one can rely on tech, through applications such as the BMTC app, they must also have trust in the public around them.

By drawing people to public transport for meaningful experiences, the group subtly promotes more sustainable commuting habits in a city grappling with traffic congestion. You can find the group on Instagram as readintransit.

NOTES FROM THE FIELD

Result row

The recently announced SSLC results have triggered a political face-off, with MLA Dr Bharat Shetty taking a swipe at Minister Priyank Kharge over district-wise performance. Citing Dakshina Kannada's top rank and Kalaburagi's last position, Shetty criticised Kharge, saying he should focus on improving education in his own district instead of targeting others. In another post, Kharge responded by saying that political leaders should use OI (original intelligence) rather than AI before commenting.

Casting a spell

Former minister KN Rajanna last week stirred controversy by suggesting that Chief Minister Siddaramaiah's recent conduct appears unusually helpless, raising suspicions that "someone may have cast a spell on him". Speaking to reporters, Rajanna said that despite Siddaramaiah being a strong leader, his current demeanour seems uncharacteristic, prompting him to look into the matter. Reacting to Minister Zameer Ahmed's remark that "Siddaramaiah is a tiger and will always remain one", Rajanna maintained that he has never seen the CM in such a state before. He added that while neither he nor the CM believes in black magic, such influences cannot be entirely ruled out, and claimed that he is informally examining the issue.

Pothole PR
In a bizarre yet attention-grabbing act, a Bengaluru-based entrepreneur used the bonnet of his luxury Porsche to mix cement and fill a road pothole. The video went viral, sparking debate over whether it was civic concern or a publicity stunt. Shared by entrepreneur Akhil Hemadri, the video shows the high-end car being used in a dramatic, almost cinematic manner, raising eyebrows among netizens while also highlighting the city's persistent pothole problem. While he urged citizens not to depend solely on the government and to take responsibility for public infrastructure, he also admitted the video was partly a promotional effort for his car paint protection business, blending social messaging with marketing.

Whisper talk

A brief, hushed exchange between Narendra Modi and Siddaramaiah during the Prime Minister's recent visit to Karnataka set off a wave of speculation online. The moment, captured at the airport while the Chief Minister received the Prime Minister, left many guessing about the nature of the conversation. Putting the rumours to rest, Siddaramaiah later revealed that the Prime Minister had asked for his views on women's reservation, to which he responded that he supports the Bill.

School snacks
Recalling her childhood with a touch of humour, Karnataka Film Chamber of Commerce president Dr Jayamala said she probably attended school more for the promise of milk and upma than for lessons, admitting that poverty often dictated priorities in those days. Speaking at a recent event, she fondly shared how growing up in a large, struggling family made even a simple school meal an incentive strong enough to ensure attendance, adding with a smile that education might have taken a back seat if not for those humble but filling treats.

Brother contrast

At a recent event, Union Minister HD Kumaraswamy praised his elder brother HD Revanna as a deeply religious man who often walks barefoot to temples and has even come to Vidhana Soudha without footwear, but added with a gentle dig that Revanna lacks patience and, had he been less short-tempered, might have gone further in politics. The remark drew attention for blending admiration with a candid personal observation.

— Sridhar Vivan

WORLD

Shootout: 'Trump, top officials were likely targets'

The accused gunman who tried to storm the ballroom at the White House Correspondents' Association dinner with guns and knives traveled across the country before the event and is believed to have been targeting President Donald Trump and members of his administration, acting Attorney General Todd Blanche said Sunday.

Blanche said officials believe the suspect traveled by train from California to Chicago and then on to Washington, where in recent days he checked in as a guest to the hotel where one of the glitziest events in the nation's capital was being held Saturday night. Investigators have not publicly named the suspect, but two law enforcement officials familiar with the matter have identified him to The Associated Press as 31-year-old Cole Tomas Allen of Torrance, California. Law enforcement officials who have examined the gunman's electronic devices and

Donald Trump shared this image of the shooting suspect being detained on his social media platform

his writings preliminarily believe he intended to target administration members in attendance at the dinner. He attempted to charge into the cavernous ballroom at the Washington Hilton but was tackled to the ground in a chaotic scene that resulted in shots being fired, President Donald Trump being hurried off the stage and guests ducking for cover beneath their tables. The suspect is believed to have bought the two firearms within the last couple of years. **–AP**

Chronicler of our time passes on

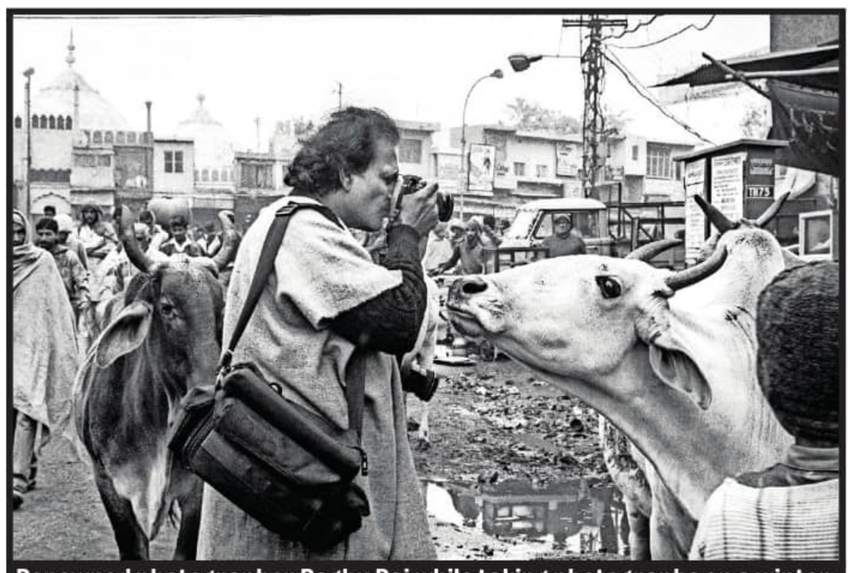
Nation mourns photographer Raghu Rai who captured its essence through the ordinary and extraordinary

Raghu Rai, one of India's best known photographers who distilled the essence of an evolving India and its people through his lens, died at a private hospital here in the early hours of Sunday. He was 83.

"Dad was diagnosed with prostate cancer two years ago but he was cured. Then it spread to the stomach, that too was cured. Recently, the cancer spread to his brain and then there were age-related issues too," Nitin Rai, photographer and Rai's son, told PTI. He is survived by wife Gurmeet, son Nitin and daughters Lagan, Avani and Purvai. Born on December 18, 1942, in Jhang, Punjab (now in Pakistan), Rai was qualified as a civil engineer and only took up photography at 23 before joining The Statesman newspaper as its chief photographer in 1966.

Life from that point onwards was anything but a blur. Over the next six decades, Rai's lens froze for posterity fleeting moments with unmatched clarity, documenting a growing India's socio-political landscape.

The prolific photographer, a protege of Henri Cartier-Bresson, shot some of the most significant events in Indian modern history, including the Bangladesh refugee crisis of 1972 and the Bhopal gas tragedy of 1984.



Renowned photographer Raghu Rai while taking photographs on a winter morning near the Fatehpuri Mosque in Old Delhi, January 11, 1992

He recorded India's social, political and spiritual shades in his portraits of leading figures, including Indira Gandhi, the Dalai Lama, Mother Teresa, Satyajit Ray, Hariprasad Chaurasia and Bismillah Khan, which offered hitherto unknown perspectives into their lives.

More than what made news on a daily basis, Rai's camera caught the ordinary, the everyperson, with equal, if not more, sensibility and sensitivity. The mundane was made extraordinary, often in black and white, as if trying to soften the edges of life's ruggedness.

His pictures live on, seared into India's collective memory. One of the most haunting images that came out of the Bhopal disaster is that of an infant, eyes open forever in a cold dark gaze, as a hand caresses the child into an eternal slumber.

Photographer Aditya Arya, founder of Museo Camera, said Rai introduced Indian journalism to such photography that you were almost one with the subject.

"Photojournalism has changed a lot. With his wide angle, he would be in the middle of the action. Today, the photojournalism is 300-400 feet away with the huge telephoto, because you are not allowed anywhere close to the personalities. You can see in his photos how things change when you are in the middle of the action," Arya told PTI.

Rai believed that the purpose of photography is "to capture the time we live in". "When you capture the essence of any situation at the right time, it is going to be the visual history of tomorrow. History is written and rewritten but visual history can't be re-written," he had told PTI.

Rai received the Padma Shri in 1972 for his coverage of the Bangladesh war and its aftermath, apart from many national and international awards.

Rai was working on his 57th book, according to the website of the Raghu Rai Foundation. **–PTI**

IPL 2026 Festival of cricket

Sudharsan masterclass powers Titans past CSK

Bowlers calling the shots in a format dominated by big hitters is a rarity, but that script played out at Chepauk on Sunday as Gujarat Titans exploited a bounce-friendly surface to stifle Chennai Super Kings before chasing down the target through a Sai Sudharsan masterclass to win the IPL contest by eight wickets.

If the first half belonged to the bowlers, the chase was all about calculated aggression as Sudharsan produced a shining tutorial in adapting to conditions, smashing 87 off 46 balls to anchor Titans' comfortable pursuit of 159. The win moved Titans to fifth position from seventh with eight points.

On a pitch that had earlier demanded caution, Sudharsan showed how to blend restraint with intent, picking the right deliveries to attack while respecting the bounce on offer.

He found an able partner in skipper Shubman Gill, who made a brisk 33 off 23 balls before falling to spinner Noor Ahmad.

The Titans openers laid a solid foundation with a 58-run stand, effectively taking the game away from CSK in the Powerplay itself.

Gujarat Giants' Sai Sudharsan celebrates his half century

Gill looked fluent, mixing elegance with aggression, but his dismissal did little to slow the visitors.

Sudharsan, who had struck a century in the previous game against RCB, carried his form forward, unleashing a range of strokes, particularly against pace to keep the scoreboard ticking at a good rate. **–PTI**

Today's battle

Delhi Capitals
vs
Royal Challengers Bengaluru

7.30 PM | **Delhi**

Rinku pulls Kolkata from pits after Mohsin's onslaught

Rinku Singh's highest score in T20 cricket – an unbeaten 83 off 50 balls - rescued Kolkata Knight Riders (KKR) from a precarious situation and lifted them to 155/7 against Lucknow Super Giants (LSG) in their Indian Premier League (IPL) 2026 clash at the BRSABV Ekana Stadium in Lucknow on Sunday.

After being put into batting first, things hadn't gone right for KKR as left-arm pacer Mohsin Khan ran through the line-up to pick 5-23, the best figures in this competition. Rinku then stepped up to lift KKR out of trouble through his unconquered 51-ball knock laced with seven fours and five sixes at a strike-rate of 162.75, including hitting Digvesh Rathi for 26 runs in the final over.

Lucknow Super Giants' Mohsin Khan celebrates the wicket of Kolkata Knight Riders' Rovman Powell

KKR's innings began shakily as Tim Seifert chipped to cover off Mohsin, who then removed Ajinkya Rahane for 10 after miscuing to mid-on. Angkrish Raghuvanshi was controversially adjudged out for obstructing the field on nine, while Rovman Powell departed soon after – gloving behind off Mohsin – to leave KKR at 31/4 in 6.1 overs.

Cameron Green attempted a counterattack, striking three sixes in his 21-ball 34, but Mohsin's relentless spell accounted for him as well. The left-arm pacer completed a five-wicket haul by dismissing Anukul Roy for a golden duck, as KKR looked destined for a below-par score.

Rinku, however, held firm and stitched brief stands of 20 and 62 not out with Ramandeep Singh and Sunil Narine. He reached his fifty off 42 balls with a drive off Mohammed Shami in the 19th over. His acceleration came late but decisive. After surviving a review in the final over, he launched Rathi for four consecutive sixes – over long-on, deep extra cover, long-on again, and cow corner – in a stunning display of power hitting. **–IANS**

With nobody to care for them, plants are dying fast

CONTINUED FROM PAGE 1

Just planting them is not enough," said a resident of TC Palya.

Nearly 25-30 saplings near the ITPL signal in Whitefield are also on the verge of dying.

"Lack of attention from authorities has led to this situation. Given the harsh summer, watering is required at least twice a week. Otherwise, none of the newly planted saplings in the city will survive," said a citizen in the area.

Satya Achayya, a resident of Nandidurga Road, has written to GBA, highlighting the issue of dying saplings along the road.

"The saplings were planted by a few residents with help from the MLA's office. Now the saplings are in distress on account of work being done on Nandidurg Road by the BWSSB. They look pathetic due to the hot weather and lack of water," reads the complaint by Achayya. In some areas, a handful of enthusiastic residents have taken up the responsibility to maintain and nurture the saplings planted by GBA.

Anand Ramachandran, a resident of Indiranagar, says a group of three-four enthusiasts has been managing nearly 100 saplings planted by GBA in the area in December 2024.

"GBA's contractor planted nearly 100 saplings in December 2024. They watered the plants for a couple of months, and that was all the maintenance done by them. Since then, this group of residents has been pruning, replacing, straightening, and watering these saplings. Due to this hard work, nearly 80 percent of them have survived. However, it is due to residents' efforts. There has been zero contribution from GBA," Ramachandran said.

The group has been watering, fencing, treating, pruning, and replacing these saplings for the last year.

No assessment

Experts say the city is fast losing its greenery along the roadside, and there is minimal effort by the authorities to replace it. While GBA conducts an annual plantation of nearly one lakh saplings every year, there is no assessment done on the survival percentage.

"Roadside saplings require a lot of maintenance apart from watering. While the contractors are supposed to maintain them for a period of three to five years, they seldom do. Moreover, the contractors hired by GBA have no knowledge of the kind of saplings to be planted in different areas. It is like a scam," said a resident from Yelahanka.

When BM approached the forest department, officials assured that the issue would be resolved and GBA staff would coordinate with contractors in the respective areas with strict instructions.

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CHANGE OF NAME

I, Namitha Manoj Naik, D/o. Chandrashekar Mangalore, Aged 44 yrs, J-118 Purva Graces Apts., Amruthahalli Main Rd, Hoodi L/o., Amruthahalli, Byatarayanapura, Blr-92, have changed my name to NAMITHA NAIK vide affidavit Dt: 25/04/26 before Notary M. Rajendra, Blr.

I sneha Kulkarni residing at Shahu nagar Vijayapura 586101 l have changed my name to Sneha Sanjeev Kulkarni

I, Mohammed Amanulla Mohammed Sibgat ulla, R No. 666/11, Shastry Street, Begur, Bangalore – 560068, have changed my name to Mohammed Sibgathulla.my father's name has been changed from Mohammed Amaulla to Mohammed Amanulla.via affidavit no:IN-KA36247130356714Y dated 16th April 2026 issued by notary public B M Chandrashekar.

I Nikita Rahul jain D/o Babulal bhansali r/o no 001 parasmani gold crest , 5th main road , bull temple road , behind more mega store kg nagar Bangalore-560019 have changed my name to Nikita Bhansali For all purposes.

I, SALEEM SAB, R/a. Abbihalli, Post Tayalur, Mulabagal, Dist Kolar-563136. I, have Changed my name to MOHAMED SALEEM, Vide affidavit, dated 21/04/2026 Sworn before Notary: G Dayananda. Bangalore

I, Jagadeesha Honnavar Shivaiah s/o Shivaiah R/o 28, 4th B main, BNES college, Mahalaxmi Lyt, Bengaluru 560086 have changed my name to Jagadeesh Honnavar Shivaiah. I shall be called by this name for all purposes

I Soumya Kulkarni residing at Shahu nagar Vijayapura 586101, l have changed my name to Soumya Sanjeev Kulkarni

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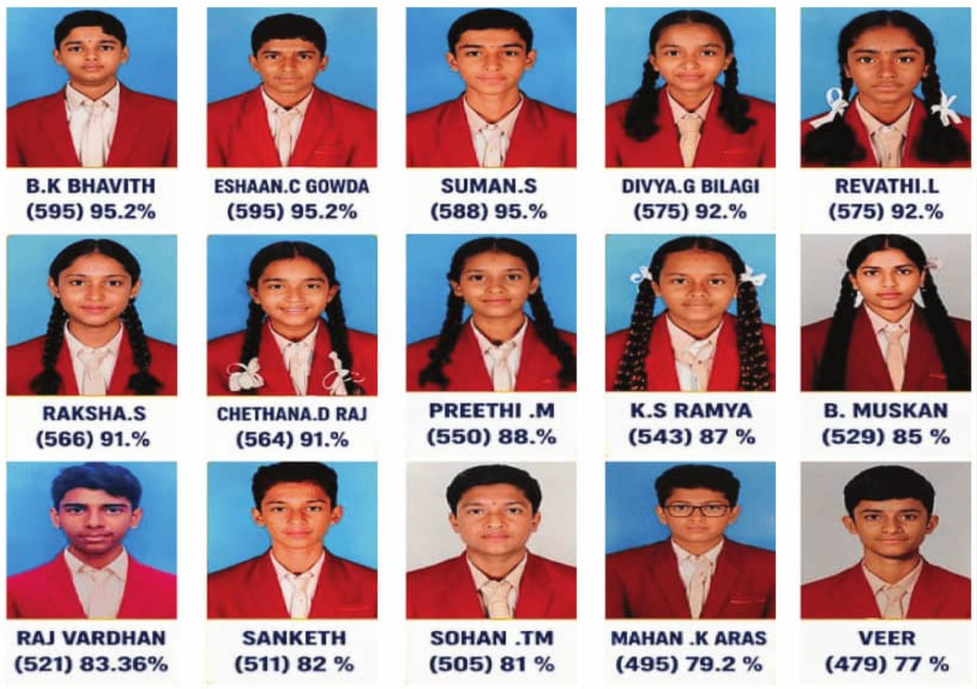
B.K BHAVITH (595) 95.2%
ESHAAN.C GOWDA (595) 95.2%
SUMAN.S (588) 95.%
DIVYA.G BILAGI (575) 92.%
REVATHI.L (575) 92.%
RAKSHA.S (566) 91.%
CHETHANA.D RAJ (564) 91.%
PREETHI .M (550) 88.%
K.S RAMYA (543) 87 %
B. MUSKAN (529) 85 %
RAJ VARDHAN (521) 83.36%
SANKETH (511) 82 %
SOHAN .TM (505) 81 %
MAHAN .K ARAS (495) 79.2 %
VEER (479) 77 %

SUBJECTWISE HIGHEST SCORE

Kannada	-123
English	-99
Hindi	-100
Maths	-95
Science	-93
Social	-95

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ಟೀಚರ್ಸ್ ಟ್ರೈನಿಂಗ್ ಕೋರ್ಸ್
ಪ್ರೈಮರಿ ಟೀಚರ್ಸ್ ಟ್ರೈನಿಂಗ್ [PTT]
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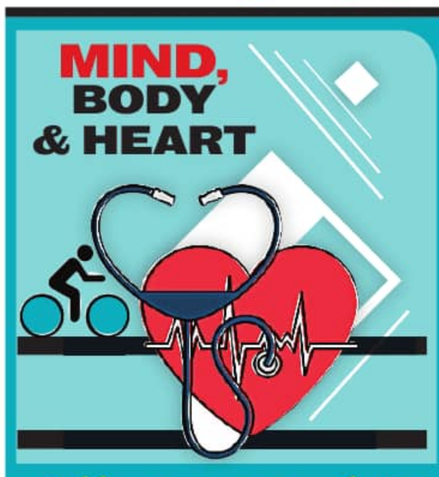
HEALTH TIP: Ritualising tea breaks can also help your body create a pause, allowing it to settle and breathe during the day

Dark chocolate (at least 70% cocoa) contains flavonoids, which can help lower levels of inflammation



All you need to know about...

Mental load in relationships

What is it?
The mental load refers to the invisible planning, organising, and remembering required to manage daily life, such as scheduling, anticipating needs, and keeping track of responsibilities.

Why does talking about it like nagging?
It often comes across as nagging when the conversation is repeated without clear changes, or when requests feel like reminders instead of shared responsibility.

How do you bring it up without starting an argument?
Choose a calm moment, speak from your own experience, and focus on creating solutions together rather than pointing out faults.

What is the best way to divide responsibilities fairly?
Assign full ownership of tasks rather than splitting small parts, so each person is responsible for planning, executing, and maintaining that area independently.

Can systems really reduce the mental load?
Yes, shared tools like calendars, lists, and routines reduce reliance on memory and ensure both partners are equally aware and accountable.

What if my partner does not take initiative even after conversations?
If there is no change despite clear communication, the issue may be about priorities or willingness, and it may require a deeper discussion about expectations in the relationship.

Is it important to acknowledge effort in sharing responsibilities?
Yes, recognising effort helps reinforce positive changes and encourages consistency without making the dynamic feel transactional.

How do you let go of control when sharing responsibilities?
Focus on outcomes rather than methods, and accept that your partner may approach tasks differently as long as the responsibility is fulfilled.

-Femina

Is your cat or dog overweight?

Why simply feeding less doesn't always help

Overweight and obesity are among the most common conditions veterinarians see in both dogs and cats.

Yet weight-loss plans for pets are frequently unsuccessful, with a high drop-out rate. In one study, over half of participating dogs actually gained weight.

In a new study published in the journal Animals, we argue weight management in pets often fails because we view it too narrowly as a nutritional problem that can be solved simply by feeding the animals less.

Yet evidence suggests that to manage weight in pets, we also need to attend to animal behaviour, and human-animal interactions are a huge part of that.

How do I know if my pet is overweight or obese?

Body condition scoring is the most common method vets use to classify animals as underweight, ideal weight or overweight.

The Global Pet Obesity Initiative uses a scale of 1-9, with a body condition score of 5 representing ideal body weight.

Each category between 1&9 represents a 10% difference in weight. For example, an animal with a body condition score of 6 out of 9 is 10% overweight, while a score of 7 out of 9 means the pet is 20% overweight. Obesity is defined as having a body condition score of 8 out of 9 (30% overweight) or above.

How common are overweight and obesity in pets?

Globally, about half of the pet dog and cat population is overweight or obese, with middle-aged pets most commonly affected.

Overweight and obesity are more common in animals who are highly motivated by food, those with reduced physical activity (including indoor-housed cats) and, in some studies, those who've been desexed. Some breeds, such as Labrador retrievers, have a genetic predisposition to obesity.

Owner activity levels, lifestyle and the nature of their bond with pets also influence the pets' risk of obesity. When it comes to animals they love, many owners have "weight blindness" -- they don't even see their pets as overweight.

Why should we worry about overweight and obese pets?

Just like for humans, overweight and obesity in pets are associated with increased risk of diseases such as diabetes, heart disease, skin disease, and cancer.

Excess weight exacerbates conditions like osteoarthritis, and increases the risk of heat stroke. Lifespan is reduced in obese dogs and cats.

Carrying excess weight can prevent animals from engaging in behaviours like exercise, play and interaction with other animals and people.

Why does traditional weight management fail?

The standard approach to help your pet lose weight involves calorie restriction, increased exercise and regular weighing. It sounds so simple. And yet this approach often fails.

> **Evidence suggests that to manage weight in pets, we also need to attend to human-animal interactions**

Pets who are fed less show hunger and increase their food-seeking behaviour, making owners feel guilty. They eat their reduced portions quickly, using the additional time to look for or demand more food.

Animals accustomed to receiving treats or scraps from the family dinner table may protest their exclusion from familiar routines. Such behaviour is difficult to resist and many owners succumb and provide treats.

Caloric restriction alters metabolism, which can initially increase weight gain, and the lack of progress can be demotivating. Some dogs and cats are fearful in veterinary settings, and owners find regular weigh-ins too traumatic.

All these factors can put owners (and animals) off sticking with the weight-loss plan.

How to help your pet lose weight successfully

1. Use accurate information to formulate a weight management plan

All pets should be regularly weighed and scored on their body condition.

Fearful pets who don't like being weighed at the vet can be weighed on home scales. Importantly, take note of what your pet eats (including treats and scavenged foods) and share this information with your vet. A complete dietary history helps in planning a diet compatible with your pet's preferences. High-calorie foods could be substituted for ones with fewer calories, for example.

2. Diets should be low calorie, high satisfaction

Weight-loss diets should be nutritionally complete. The best diets are those that are reduced in calories, but still leave animals feeling satisfied after a meal.

Low-calorie treats can be factored into the daily ration so that animals don't miss out.

3. Provide opportunities to hunt, find and forage food

Feeding the daily ration in multiple smaller meals can burn additional calories and increase time spent eating.

Allowing animals to "hunt" for food by providing food in puzzle feeders, scatter feeding or setting up "treasure hunts" allows them to express natural behaviours. Animals may use up more calories and experience more pleasure from foods they can chew.

4. Be prepared for begging

Animals used to receiving table scraps will dial up their attention-seeking behaviour in an increased effort to be rewarded. It can be hard to resist such antics, but rewarding begging with a food morsel will only encourage pets to intensify their efforts.

Instead, try to preempt them by providing a rewarding alternative activity (such as giving a dog a toy to chew on their bed) while you eat your meal in peace.

Non-food related activities, including sensory gardens and digging pits, climbing opportunities or interactive toys may also provide suitable distractions.

(The Conversation)

MIRRORLIGHTS

Midlife is the time to invest in strength, balance and mobility

The early signs are often easy to overlook. Stairs may feel slightly harder to climb, long walks become more tiring, or lifting everyday items may strain the knees or back. While these changes are common, they are also reminders that the body needs attention. Midlife is therefore the right time to invest in strength and balance to protect mobility and independence.

Basics of Ageing Well

Many women lead extremely active lives while balancing work, caregiving, and household responsibilities. However, being busy does not always mean the body is maintaining muscle health. In rehabilitation practice, it is common to see women living with persistent back pain, knee discomfort, or joint stiffness for years before seeking help. These symptoms are often dismissed as "age catching up," while they may actually be early indicators that your mobility needs support. Good mobility depends on how effectively joints, body muscles and the nervous system work together to keep the body stable during physical movement.

Strength And Balance Matter

Mobility challenges usually develop gradually. They often instigate with subtle issues like stiff joints, reduced balance, slower walking, or lingering aches. The encouraging news is that the strength and balance can be improved with simple exercises such as squats, resistance band training, walking, or yoga, which help maintain muscle stability. When mobility becomes difficult to manage independently, personalised physiotherapy and structured rehabilitation can help restore movement. Multidisciplinary care combining physiotherapy, occupational therapy and functional training helps improve posture, balance, and pace.

-Dr Gaurish Kenkre for Femina

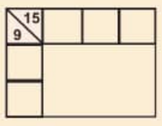
mybangaloremirror@timesofindia.com
facebook.com/theBangaloremirror
@BangaloreMirror

SOLVE IT IN A MINUTE

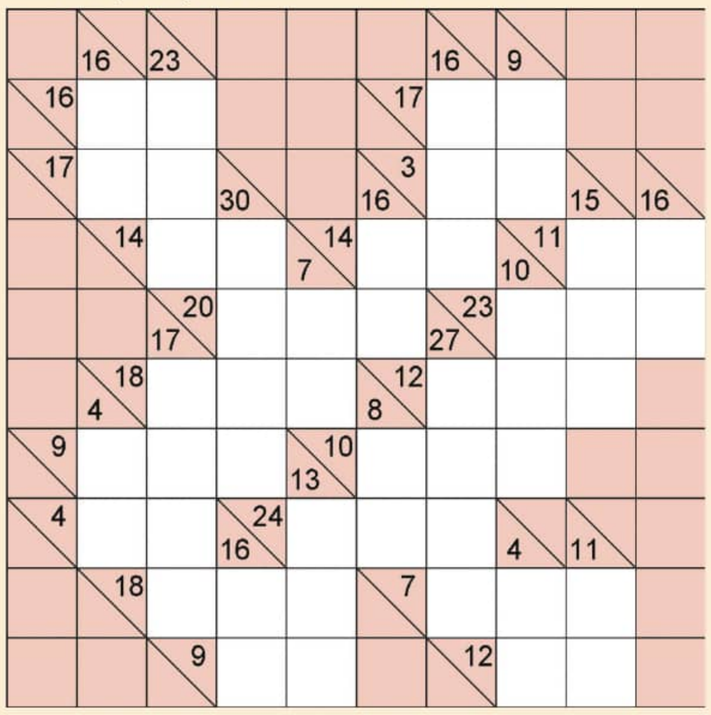
What are the month and day of the middle day in a non-leap year?

Kakuro

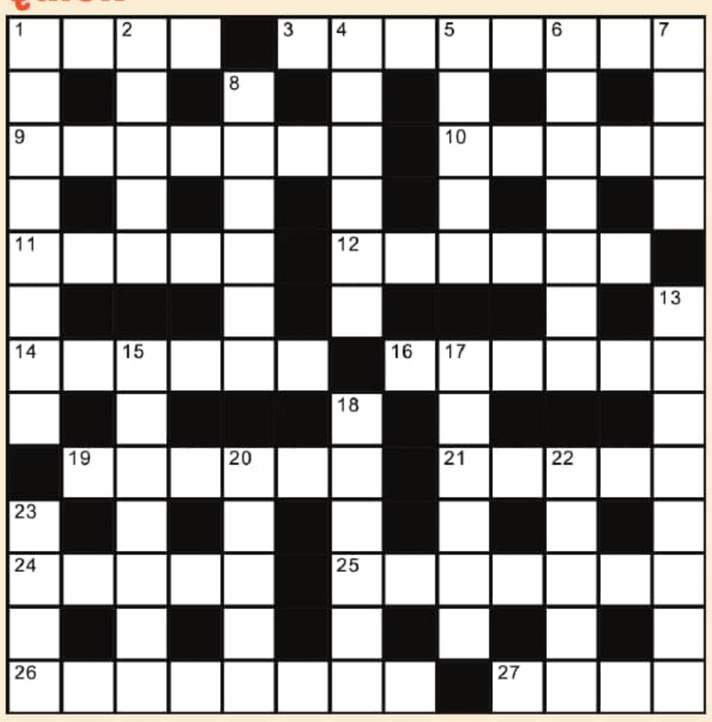
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 A board game (4)
3 Obvious or tangible (8)
9 Firmly established (4,3)
10 List preceder (5)
11 Delete (5)
12 Russian capital (6)
14 Holds or fixes firmly (6)
16 Fruit basket (6)
19 Paper handkerchief (6)
21 Burglar (5)
24 External (5)
25 Ms. Dixit of Bollywood fame? (7)
26 Metalworker (8)
27 Venomous South African viper (4)

DOWN

1 Hollywood actress Jennifer ____ (8)
2 Alluvial deposit (5)
4 Respiration disorder (6)
5 Where beer guzzling classic rockers hang out off Brigade Road (5)
6 Blimp or dirigible (7)
7 Many millennia (4)
8 In the land of Nod (6)
13 Smothering or choking (8)
15 Actress Jennifer (7)
17 Cluttered (6)
18 Curtain drapery (6)
20 Watery part of blood (5)
22 Harden by habituation (5)
23 Door fastener (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: A EQUALS G

VWU POZ O YOGKWZOF RHKZA RH HZZWRF.HS RX OZX GVKZA GVOG KN ZWG WRGOKZHS RX KGN WUZ HEHYGKWZN?

Linemaro

Being around you makes me want to briefly stop all forms of digital communication

Mindchow

Don't grieve. Anything you lose comes around in another form

Joke of the day

Las Vegas is the oasis of outstretched palms

Loop

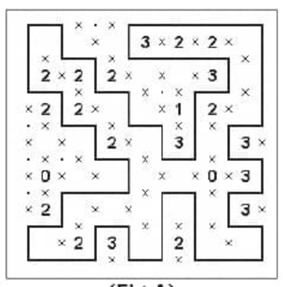
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

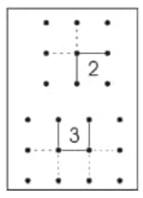
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

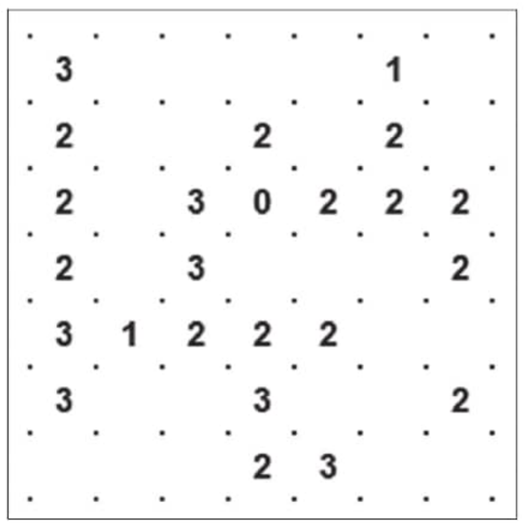
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



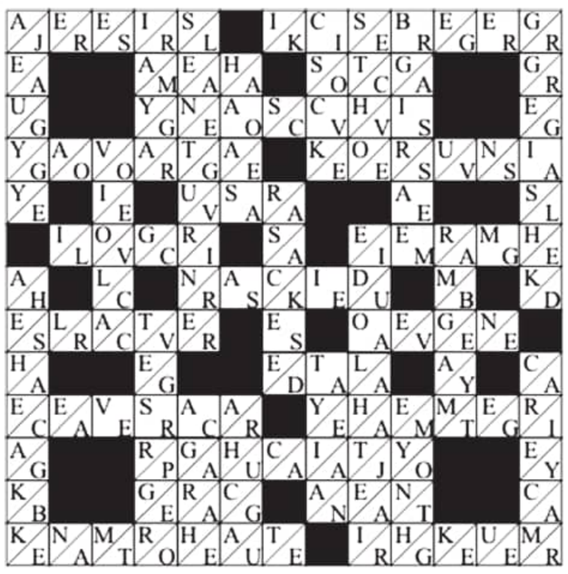
(Fig A)



(Fig B) Not Allowed



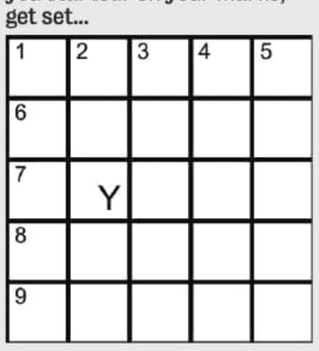
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

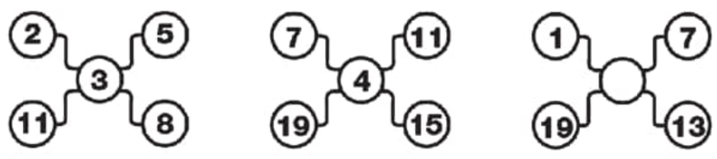
1 Sabah; 6 A Kelt;
7 RY ire; 8 Loris;
9 Let up

DOWN

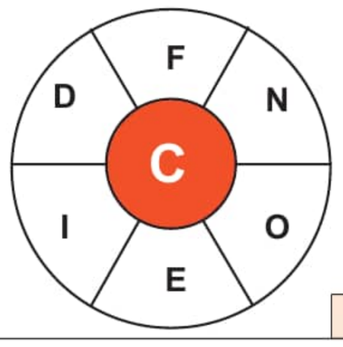
1 Later; 2 A buoy;
3 Tapir; 4 Kills;
5 Sheer

Mensapuzzle

Fill in the blank circle.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

09 Average; **10** Good; **12** Outstanding

SudokuChallenge

	7						5	
				6				
4	6		7	9	3		1	2
7	9		5		6		3	4
2	3		1		8		9	6
5	8		3	4	7		2	1
				5				
	2						8	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 11

3 7 4 3

Medium = 9

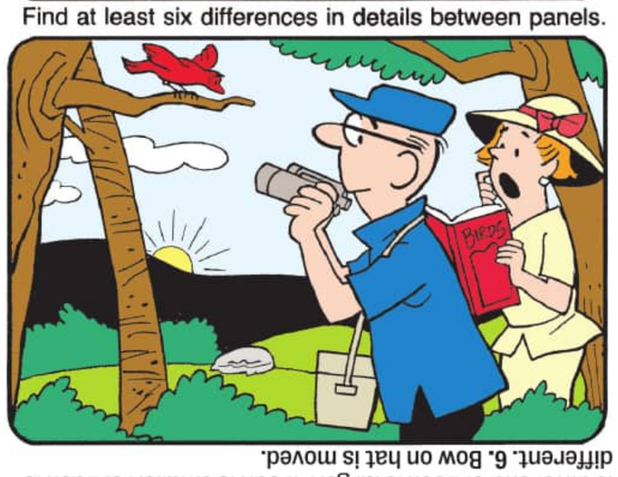
2 3 6 2

Hard = 42

2 9 3 3

Hocusfocus

Find at least six differences in details between panels.



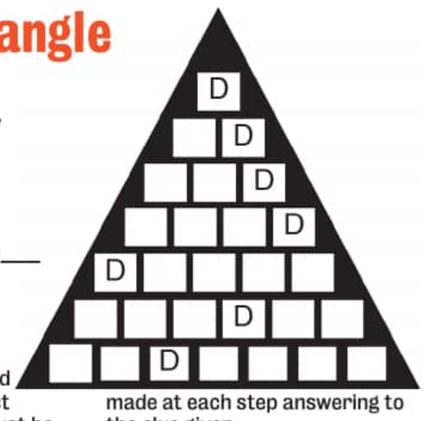
Differences: 1. Branch is different. 2. Bottom of shirt is different. 3. Book is larger. 4. Sun is smaller. 5. Bush is different. 6. Bow on hat is moved.

Riddler

'm often seen around a lot, referred to many ways, See me black and you may find misfortune haunts your days. Tell a thing, that should have been kept quiet, to all around, Then look inside the sack, there I'm no longer to be found. Nosiness, prying, snooping, leaves me fearing, full of dread, For all these things are likely to see me soon lying dead. These clues combined should start to give a picture, an idea, Of who or what I am, so can you tell me? Is it clear?

Alpha triangle

1 Five hundred
2 Anno Domini
3 Groovy currently
4 Hospital division
5 Depicted
6 Roam
7 Comic strip character Archie___

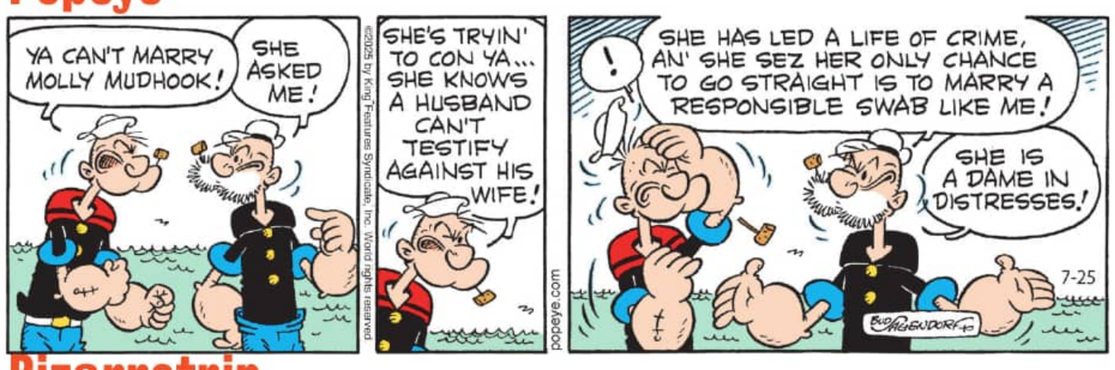


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


YA CAN'T MARRY MOLLY MUDHOOK!
SHE ASKED ME!
SHE'S TRYIN' TO CON YA... SHE KNOWS A HUSBAND CAN'T TESTIFY AGAINST HIS WIFE!
SHE HAS LED A LIFE OF CRIME, AN' SHE SEZ HER ONLY CHANCE TO GO STRAIGHT IS TO MARRY A RESPONSIBLE SWAB LIKE ME!
!
SHE IS A DAME IN DISTRESSES!
7-25
popeye.com

Bizarrotrip

The legends are true. 'Tis Ryan, Bringer of Cooties.
Wayno & Piraro 1·14·26
BIZARRO.COM
Dist. by King Features
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Diamond Lil

Hart of the city

IF OUR THEATER WINS A FEW AWARDS, IT'LL GIVE THE ACTORS AND TECHIES EVEN MORE DRIVE TO MEET THE EXPECTATIONS OF AN AWARD-WINNING DRAMA CLUB!
BESIDES, PUT "AWARD-WINNING" IN FRONT OF ANYTHING, AND IT BECOMES MORE IMPRESSIVE.
AWARD-WINNING CLUB.
AWARD-WINNING SCHOOL?
AWARD-WINNING VICE PRINCIPAL!
I'LL TAKE A LOOK AT THE BUDGET MYSELF.
YES!!
HEART OF THE CITY © 2026 ANDREWS MCMEEL
@COMICS.COM/HEARTOFTHECITY

Crankshaft

WOW! YOUR ANKLE IS TURNING ALL THE COLORS OF THE ALPHABET!
I CAN'T BELIEVE THIS! I'M NOT EVEN SAFE IN MY OWN DRIVEWAY!
WELL, YOU KNOW WHAT THEY SAY...
HOME IS THE MOST DANGEROUS PLACE IN THE HOUSE!
© 2026 Kingfeatures, Inc. Dist. by Andrews McMeel Syndication
BATIUK & DAVIS tombatiuk.com/books
1-14

Mutts

WRITTEN IN THE STARS

Dr SUNDEEP KOCHAR

If it's your birthday today

Today marks the start of a birthday year full of courage, opportunity, and heartfelt growth. Travel opportunities bring inspiration, possibly through career collaborations. Romance deepens with trust, laughter, and gentle affection. Finances strengthen through steady discipline. Domestic life feels joyful with music, shared meals, and meaningful conversations. Follow your curiosity, accept invitations, and watch the months ahead unfold for you.

Aries Mar 21 – Apr 20

Your leadership shines today, Aries. Colleagues respect your ideas, and your guidance helps move projects forward. At home, your enthusiasm also inspires family activities and shared enjoyment.

Taurus Apr 21 – May 20

Career matters may feel slightly uncertain today, Taurus. Your mind might wander toward new interests or possibilities. Meanwhile, reconnecting with an old friend could stir meaningful emotions.

Gemini May 21 – Jun 21

Communication becomes especially powerful today, Gemini. Express yourself honestly and listen carefully to others. Unexpected events may arise, but your curiosity and flexibility help you enjoy the experience.

Cancer Jun 22 – July 23

It's time to step beyond your comfort zone today, Cancer. Explore new opportunities, particularly in relationships. Aligning with supportive mentors or leaders may also guide your career forward.

Leo Jul 24 – Aug 23

Today encourages you to slow down and appreciate loved ones, Leo. Spending time with family and friends offers comfort and strengthens meaningful connections.

Virgo Aug 24 – Sep 23

Balance remains essential today, Virgo. While thoughts of romance may appear, focus equally on work and nurturing existing relationships. Meditation or quiet reflection could restore inner calm.

Libra Sep 24 – Oct 22

Take control of your responsibilities today, Libra. Completing pending tasks and organizing your priorities will create clarity and prepare you for future success.

Scorpio Oct 23 – Nov 22

New connections may appear today, Scorpio. Engaging with unfamiliar people can broaden your perspective and encourage personal growth through fresh conversations.

Sagittarius Nov 23 – Dec 22

Relaxation is important today, Sagittarius. Set aside ambition temporarily and enjoy simple pleasures with friends or loved ones to restore balance.

Capricorn Dec 23 – Jan 20

Self-care deserves your attention today, Capricorn. Focus on activities that strengthen your mental and physical well-being, reminding yourself that personal health supports long-term success.

Aquarius Jan 21 – Feb 19

Creativity flows strongly today, Aquarius. Break away from routine and explore artistic or imaginative pursuits that inspire you and bring renewed enthusiasm.

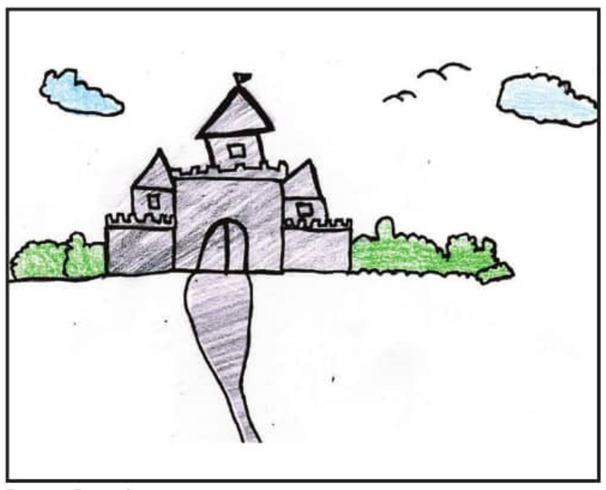
Pisces Feb 20 – Mar 20

Express your desires confidently today, Pisces. Rather than waiting for opportunities, actively pursue what you want. Clear communication strengthens your confidence and earns others' respect.

www.sundeepkochar.com

KIDZONE

Manasi, Bengaluru



Ramya, Bengaluru

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Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER If you thought those clues lead to a cat then happily you're right, For bad luck is yours when a black cat should come across your sight. And when you reveal a secret, even though you said you wouldn't, You've let the cat out of the bag by telling what you shouldn't. Nosiness, prying, snooping and inquisitiveness, oh dratt They make up curiosity, which, we all know, killed the cat!

BULL'S EYE
code, coif, coin, coined, once, cone, coned, cone, iced, icon, nice,
CONFIDE, dice,

FAST FIVE

A	B	A	S	H
L	A	T	K	E
E	Y	R	I	R
R	O	I	L	S
T	U	P	L	E

STRIKE OUT

J	E	E	R	S		I	C	E	B	E	R	G		
A		A	A	H		O	C	A				R		
G		G	N	O	C	C	H	I				E		
G	A	V	A	G	E		K	O	R	U	N	A		
Y	I		U	S	A		A					S		
L	O	C	I		S		I	M	A	G	E			
A		L		N	A	K	E	D		B		D		
S	L	A	V	E		E		O	V	E	N			
H			E		D	A	L		A		C			
C	A	E	S	A	R		Y	A	M	M	E	R		
A		P	A	U	C	I	T	Y				E		
K		E	R	G		N	E	T				A		
E	N	T	R	E	A	T		R	H	E	U	M		

QUICK

L	U	D	O		P	A	L	P	A	B	L	E		
A		E		A		S		E		A		O		
W	E	L	L	S	E	T		C	O	L	O	N		
R		T		L		H		O		L		S		
E	R	A	S	E		M	O	S	C	O	W			
N				E			A		P	U	N	S		
C	L	A	S	P	S			P	U	N	N	E	T	
E		N											I	
T		I	S	S	U	E		T	H	I	E	F		
O	U	T	E	R		M	A	D	H	U	R	I		
B		S		E		L		I		N		L		
T	I	S	S	U	E		T	H	I	E	F			
E		N		P					N		I			
C	L	A	S	P	S		P	U	N	N	E	T		
N			E		A		O				S			
E	R	A	S	E		M	O	S	C	O	W			
R		T		L		H		O		L		S		
W	E	L	L	S	E	T		C	O	L	O	N		
A		E		A		S		E		A		O		
L	U	D	O		P	A	L	P	A	B	L	E		

MENSA PUZZLE
6. Starting in the top left of each figure, numbers increase in a clockwise direction by the value given in the central circle.

QUOTE UNCODE How can a rational being be ennobled by any thing that is not obtained by its own exertions?

IN 1M July 2nd
Julian day 183

SUDOKU

9	7	2	4	8	1	6	5	3
8	1	3	2	6	5	7	4	9
4	6	5	7	9	3	8	1	2
7	9	8	5	2	6	1	3	4
2	3	4	1	7	8	5	9	6
6	5	1	9	3	4	2	7	8
5	8	6	3	4	7	9	2	1
1	4	9	8	5	2	3	6	7
3	2	7	6	1	9	4	8	5

ALPHA TRIANGLE
D, AD, Rad,
Ward, Drawn,
Wander,
Andrews.

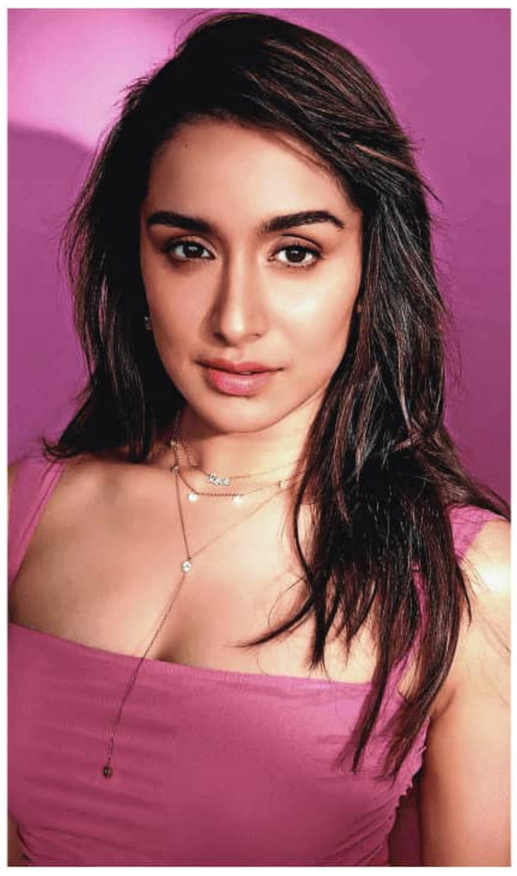
GO FIGURE
3 + 7 – 3 + 4=11
Easy
6 + 2 – 2 + 3=9
Medium
2 + 9 + 3 x 3=42
Hard

LOOP

KAKURO

Volume No 18, Issue No 082 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by Lokesh K.V. at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesofindia.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Love story revisited



A throwback video of Shraddha Kapoor has resurfaced online, sparking renewed conversations. The clip, taken from one of her Instagram AMA sessions, shows the actress reacting to a fan's idea of re-releasing 'Aashiqui 2' in theatres. Even though the video isn't new, its reappearance has rekindled excitement among fans eager to experience the film on the big screen once again.

Shraddha responded to the suggestion by saying, "I think it is a brilliant idea. I shall suggest to the main producers. Because I too want to watch it on the big screen. This is a really good idea." Her excited reaction drew attention yet again, with many fans expressing similar views across social media.

'Aashiqui 2', released in 2013 and co-starring Aditya Roy Kapur, went on to become a big commercial hit. The film played a key role in shaping the careers of its lead actors and offered a soundtrack that still enjoys immense popularity. Even years later, its music and emotionally driven story continue to resonate with audiences.

Interestingly, the film isn't currently streaming on any OTT platform, a factor that has only intensified fans' demand for a theatrical re-release. That said, the makers have yet to make any official announcement on the matter. **–ETimes**

Crowd control

Alia's ex-bodyguard talks about when airport staff mobbed her in early stages of career

Alia Bhatt once faced a frightening situation early in her career. The incident took place during the shoot of Student of the Year in 2014. It happened at an airport while she was travelling for the film. Her former bodyguard, Zeeshan Qureshi, recently shared details about the episode. He explained how the actor was mobbed by airport staff.

In an interview with Screen, Zeeshan Qureshi recalled the moment in detail. He said the team was travelling abroad for the shoot. After completing immigration, Alia was waiting alone in a corner.

Soon, several airport officials and staff approached her. They wanted to take pictures with the young actor. Within moments, the situation turned overwhelming.

"The customs officers and airport team saw that Alia Bhatt was alone, with no staff, bodyguard or manager because we were still in the queue. Within a minute, they surrounded her with excitement, saying, 'Ma'am, we want a picture with you. They all clung on to her together. The poor thing stood there, all scared and uncomfortable," he said.

Zeeshan Qureshi said he rushed to her as soon as he completed his formalities. He noticed the situation had escalated. People had crowded around her without maintaining distance. He intervened immediately and asked them to step back. He also reminded them to behave responsibly. **–ETimes**

Rihanna's 'shukriya' breaks the internet

A single word was enough for global music icon Rihanna to win hearts during her visit to Mumbai.

The singer on Friday sent fans into a frenzy when she said "shukriya" after asking how to say "thank you" in Hindi during her latest visit to the city, and the adorable moment is now doing the rounds on social media.

The international pop star, who was in Mumbai for the launch of her beauty brand Fenty Beauty, and as expected, her appearance created huge excitement among fans. But while the event itself drew attention, it was a sweet and spontaneous interaction outside the venue that quickly became the biggest talking point online.

In a video that is now going viral, Rihanna is seen stepping out briefly and asking those around her, "How do you say thank you in Hindi?" After someone helped her with the phrase, she turned back to the waiting crowd and said, "Shukriya!" The simple gesture received loud cheers and applause from fans, many of whom praised her for making the effort to connect with the local audience. **–ANI**

Parvathy remembers Irrfan

Irrfan Khan's co-star in the film 'Qarib Qarib Singlle', Parvathy, reflected on her experience working with him during a meet organised by Pinkvilla.

Responding to a question, she said, "As a society I don't think we are doing a great job talking about grief... Whenever I am asked about Irrfan or Puneet [Rajkumar] even, they are two of my co-stars that we have lost and I can't believe it... I don't have the words to express it still."

She added, "Irrfan lived every day with such child-like curiosity. He was such a bouncing ball. If I were to think about him, which I try to avoid, because then we have to think about the fact that he is not here with us, it is the fact that he was kind and gentle. He was excited about life. I cherish that memory a lot." **–ETimes**

Nicole Kidman hospitalised after filming pro-wrestling scene

Actor Nicole Kidman was taken to the hospital after filming a physically demanding pro-wrestling scene for the Apple TV+ series 'Margo's Got Money Troubles' while suffering from the flu, her co-star Nick Offerman revealed, according to Page Six.

Offerman shared that the Oscar-winning actor pushed through illness to complete the shoot for the April 22 episode. "We're there in the morning, we're getting warmed up -- some of us are going to be performing some actual wrestling, and so we have our doubles, we have people we're working with," he told People.

He added that the team was initially unsure if Kidman would be able to shoot. "And the word comes in that Nicole has the flu, and we might not get Nicole today. And we're like, 'Oh no, that's such a bummer, because we only have the one day that we've built this whole circus for,'" according to Page Six.

However, the actor surprised everyone by arriving on set later that morning. "It's about 8:00 in the morning that we get this news. Come to be about 11:00 a.m., the word comes in: Nicole's coming," Offerman said.

Despite her condition, Kidman went ahead with the shoot. "She was so sick. She was so pale, shaken. She just had the flu really so bad," Offerman said, adding that she "showed up and made sure that we got every shot of her, total superhero style, did everything we needed to so that we did not lose one scrap of what we needed for her character," according to Page Six.

Following the shoot, Kidman required medical attention. "Afterwards, she was literally taken to the hospital for an IV," he revealed. **–IANS**